

## ANSWER KEY

1. D
2. A
3. C
4. B
5. A
6. E
7. C
8. B
9. B
10. A
11. D
12. D
13. B
14. B
15. B
16. E
17. B
18. C
19. C
20. A
21. D
22. A
23. D
24. B
25. A
26. A
27. B
28. C
29. C
30. B
31. B
32. B
33. B
34. E
35. A
36. B
37. C
38. E
39. C
40. C

# 2004 Human Behavior Course Block 1 Exam

\_\_\_\_\_  
LAST NAME

\_\_\_\_\_  
FIRST NAME

\_\_\_\_\_  
DATE

---

---

PLEASE **DO NOT** START THE TEST UNTIL YOU  
ARE INSTRUCTED TO DO SO.

When you receive the exam, first CHECK that all  
pages are present. You should have **12** pages  
counting the front and back cover pages.

There are 40 questions on this examination. Before  
you turn the exam in, check that you have marked  
one answer sheet response for each question.

---

---

# **!! ANSWER KEY !!**

1. Signal anxieties are major motivating forces in development. All of the following 'signal anxieties' are prominent between the ages of 3 and 6 EXCEPT
  - A. Separation anxiety
  - B. Body damage anxiety
  - C. Superego anxiety
  - D. **XX** Stranger anxiety
  
2. Capgras syndrome
  - A. **XX** The belief that family members have been replaced by imposters
  - B. Hyperorality, hypersexuality, and the loss of aggressive responses
  - C. Due to a lesion of the amygdale and surrounding temporal lobe regions
  - D. Episodic aggression resulting in serious assaults or property destruction
  - E. All of the above
  
3. Instrumental aggression is
  - A. Assault with a deadly weapon
  - B. Assault with an inanimate object such as a club or brick
  - C. **XX** Assault that is premeditated
  - D. Assault that is unplanned and impulsive
  - E. Typically treatable with anger management classes
  
4. Which of the following best characterizes changes that occur in sleep physiology in clinical depression?
  - A. REM latency (time to onset of REM sleep) increases
  - B. **XX** REM latency decreases
  - C. Most REM sleep occurs in the early morning hours
  - D. All of the above
  - E. None of the above

# **!! ANSWER KEY !!**

5. A four year old boy snatches a toy truck from a three and a half year old girl, saying "Girls don't play with trucks". The best explanation for the boy's behavior is
- A. **XX** The boy is establishing gender identity
  - B. The boy is establishing sexual identity
  - C. The boy is identifying with his truck driver father
  - D. The boy is in the oedipal phase
  - E. The boy envies his mother's SUV
6. Which of the following behavioral disorders involves the neuroanatomical pleasure circuit?
- A. Substance dependence (pattern of drug abuse)
  - B. Anorexia nervosa (pattern of excessive dieting)
  - C. Bulimia nervosa (pattern of overeating followed by self-induced purging such as vomiting)
  - D. Compulsive gambling
  - E. **XX** All of the above
7. Which of the following is a true statement about the defense mechanism called "displacement"
- A. Vaillant categorizes it as a psychotic defense
  - B. Vaillant categorizes it as a mature defense
  - C. **XX** Unacceptable emotions (e.g., rage) from one relationship or context (e.g., toward a boot camp drill instructor) are expressed in a safer relationship or context (e.g., toward a spouse).
  - D. Unacceptable emotions (e.g., violent rage) are directed into an appropriate or adaptive channel (e.g., contact sports)
  - E. Unacceptable emotions are consciously forced out of mind
8. The developing capacity for mental operations between the ages of 6-11 includes all of the following EXCEPT
- A. A child can name several objects in the same class- such as red objects or round objects
  - B. **XX** A child can identify the functional similarity between objects- such as a table and chair
  - C. A child understands the 'principle of conservation'—objects of the same mass may have different shapes
  - D. A child can problem solve by using the 'concept of reversal' and does not have to rely on trial and error

# **!! ANSWER KEY !!**

9. George Vaillant categorized psychological defense mechanisms (ways the psyche adapts to psychologically unacceptable emotions and impulses) into a hierarchy of mature, neurotic, immature, and psychotic defenses. According to Vaillant, which of the following defense mechanisms is a “mature” defense?
- A. Intellectualization
  - B. **XX** Altruism
  - C. Acting out
  - D. Denial
  - E. Projection
10. Dr Gemelli made the point that ‘parents don’t need a manual to teach their infant to cry when hungry’. This means
- A. **XX** The infant comes ‘hard-wired’ (pre-programmed) to activate others to meet the infant’s innate needs
  - B. Parents know what their baby wants and don’t need to learn what their infant’s cry means
  - C. Infants cry when hungry, but it is up to the parents to teach the infant how to signal hunger versus pain or fear
  - D. Parents must teach the infant to cry when hungry because survival depends on it
  - E. The infant must teach the parent to cry when the infant is hungry.
11. A predisposing factor is
- A. Limited to genetic or biological factors
  - B. Initiates an episode of illness
  - C. Extends the duration and impact of the illness episode
  - D. **XX** A historical or constitutional vulnerability to illness
  - E. All of the above
12. Cognitive maturation between the ages of 3-6 includes all of the following EXCEPT
- A. The ability to elaborate fantasies using toys
  - B. The ability to imagine a person or event that is not literally present
  - C. The ability to use language to express feelings before acting
  - D. **XX** The ability to shift from concrete to abstract operations

# **!! ANSWER KEY !!**

13. Which of the following is a dynamic suicide risk factor?
- A. Young adulthood
  - B. **XX** Availability of a weapon
  - C. Family history of suicide
  - D. Female gender
  - E. None of the above
14. Which of the following statements best characterizes the “behavioral perspective” within psychiatric assessment?
- A. What a person “has”
  - B. **XX** What a person “does”
  - C. Where or what a person “is”
  - D. Who a person is (or what his or her thoughts “mean”).
  - E. Axis III
15. Which of the following dopaminergic pathways is responsible for psychotic symptoms?
- A. Mesocortical
  - B. **XX** Mesolimbic
  - C. Mesostriatal
  - D. Nigrostriatal
  - E. Tuberoinfundibular
16. A psychotic patient’s level of insight involves which of the following?
- A. Accurate awareness that one has specific pathological symptoms
  - B. Accurate awareness that one has an illness
  - C. Accurate awareness that one needs assistance
  - D. Accurate awareness that one needs to take a medication to control symptoms
  - E. **XX** All of the above

# **!! ANSWER KEY !!**

17. A 5 year old girl is talking out loud while she colors in a coloring book. Suddenly she says, "No, no, not on the table...on the paper!" What is the best explanation?
- A. The girl feels guilty about wanting to draw on the table
  - B. **XX** The girl feels anxious about wanting to draw on the table and is invoking her parents' rules
  - C. The girl has a well developed superego but an immature conscience
  - D. The girl is angry and is punishing herself
  - E. All of the above
18. Which of the following is a static suicide risk factor?
- A. Young adulthood
  - B. Availability of a weapon
  - C. **XX** Family history of suicide
  - D. Female gender
  - E. None of the above
19. According to Piaget, human beings gradually develop their innate intellectual or cognitive capacity (acquire intelligence) through interactions with other people and the environment. Select the TRUE statement regarding this process in infants.
- A. Assimilation is a process of revising cognitive schema that requires language development
  - B. Accommodation is a process of adding new memories to closely matching, pre-existing cognitive schema
  - C. **XX** Cognitive schema link similar feelings and experiences so that the infant can recognize and understand new encounters
  - D. Long-term memories of emotional and perceptual experiences are first stored as schemata when the infant is about a year old.
  - E. All of the above
20. Which of the following is an "illusion"?
- A. **XX** A misperception of a real external stimulus
  - B. A true perception of a real external stimulus
  - C. Hearing voices when no one is actually speaking
  - D. A true perception in the absence of an external stimulus
  - E. Smelling a foul odor in the absence of any stimulating odor

# **!! ANSWER KEY !!**

21. With respect to the major psychosocial tasks of infancy (birth-18 months), which of the following is a FALSE statement?
- A. A safe, secure attachment to a caring, attuned human being is essential for normal psychological development
  - B. The attachment relationship allows the infant to safely explore the world and facilitates the baby's natural curiosity
  - C. An infant whose basic needs are not consistently and adequately met by a caring adult may grow up believing that the world is not a good place and that people can't be trusted
  - D. **XX** An infant's inherited temperament, whether quiet and slow to engage, or reactive and easily excited, will not influence the parents' ability to attach to their infant
22. Which of the following is the largest suicide risk factor?
- A. **XX** Previous suicide attempts
  - B. Previous depression treatment
  - C. Schizophrenia
  - D. Old age (> 65 years old)
  - E. Chronic medical illness
23. A toddler is playing with a new toy at a playmate's house. The other toddler is playing with another toy nearby and the two mothers are talking out of sight in the kitchen. Soon one toddler looks around the room, appears fretful and worried, and loses interest in the toy. What has happened?
- A. The toddler has grown bored with the toy and is now below his optimal stimulation range
  - B. The toddler has an unhealthy attachment to his mother and cannot play unless his mother is in the same room
  - C. The toddler wants the playmate to share her toy but doesn't yet know how to ask
  - D. **XX** The toddler is experiencing normal separation anxiety and needs reassurance that his mother near
  - E. All of the above
24. Personality disorders are diagnosed on
- A. Axis I
  - B. **XX** Axis II
  - C. Axis III
  - D. Axis IV
  - E. Axis V



## **!! ANSWER KEY !!**

25. The phrase 'I am a separate person who can do things on my own even though I get a little anxious sometimes' - when applied to a toddler reflects
- A. **XX** A toddler in the stage of developing autonomy
  - B. A toddler in the stage of defiant authority
  - C. A toddler who has failed to achieve basic trust
  - D. A toddler whose parents are emotionally unavailable
  - E. Maternal fears in first time parenthood
26. Pleasurable or rewarding experiences are mediated by a circuit that centers at the
- A. **XX** Nucleus accumbens
  - B. Locus ceruleus
  - C. Dorsal raphe nucleus
  - D. Dorsal motor nucleus of Vagus
  - E. None of the above
27. When infants are in their 'optimal stimulation range', they experience pleasurable feelings such as happiness and interest. Which of the following statements about 'optimal stimulation' is TRUE?
- A. Infants can signal that they are being over-stimulated by crying or turning away but cannot signal if they are being under-stimulated
  - B. **XX** Infants are stimulated by parents, the environment, and their own actions
  - C. The optimal stimulation range for learning is not affected by hunger or physical discomfort
  - D. The optimal stimulation range defines the distance at which the parent's face is optimally visualized by the infant
  - E. Optimal stimulation is achieved once the infant regularly sleeps through the night
28. Which of the following are key neurophysiologic components of the Central Nervous System's "stress thermostat"?
- A. REM sleep
  - B. Monoamine oxidase inhibitor
  - C. **XX** Glucocorticoids
  - D. Serotonin
  - E. None of the above

# **!! ANSWER KEY !!**

29. The 'mastery smile' reflects
- A. The infant's ability to control the parents' responses
  - B. The parent's internalization of the infant's mirroring and admiration
  - C. **XX** The infant's internalization of the parent's mirroring and admiration
  - D. The infant's reaction to parental praise
  - E. The precursor of the 'achievement grin'
30. The Comprehensive Clinical Evaluation Program (CCEP) was a medical program for thoroughly evaluating the war-related medical concerns of service-members returning from the 1991 Gulf War. The three most prevalent primary diagnostic groups among returnees seeking CCEP care after the war were
- A. Infectious diseases, psychological conditions, musculoskeletal conditions
  - B. **XX** Psychological conditions, musculoskeletal conditions, and ill-defined conditions
  - C. Infectious diseases, musculoskeletal conditions, respiratory conditions
  - D. Psychological conditions, injuries, respiratory conditions
  - E. None of the above
31. A pediatrician is seeing a one year old boy. The baby's physical exam is normal but the mother is worried because 'something doesn't seem right' and tells the doctor that 'he doesn't seem to know me as his mother'. The doctor asks the mother to leave the room and return in a few minutes. What is the doctor assessing?
- A. The infant's capacity for stranger anxiety
  - B. **XX** The infant's development of separation anxiety
  - C. The infant's ability to modulate distress on the self-soothing continuum
  - D. The infant's optimal stimulation range
  - E. The doctor is stalling for time
32. According to the World Health Organization's Global Burden of Disease Study, an epidemiological study of nearly all important diseases worldwide, what disorder from among the mental disorders is most responsible for disability worldwide?
- A. Schizophrenia
  - B. **XX** Unipolar major depression
  - C. Bipolar disorder
  - D. Phobic disorder
  - E. Post-traumatic stress disorder

# **!! ANSWER KEY !!**

33. Which of the following observations supports the biogenic amine hypothesis of depression
- A. Thyroid hormone is an effective adjunctive treatment for depression
  - B. **XX** Tricyclic antidepressants increase levels of brain levels of norepinephrine and serotonin
  - C. Reserpine reduces depression when used to lower blood pressure
  - D. Monoamine oxidase inhibitors treat depression and increase the breakdown of norepinephrine and serotonin
  - E. All of the above
34. Which of the following mental disorders are among the top 30 causes of worldwide disability according to the World Health Organization's Global Burden of Disease Study?
- A. Schizophrenia
  - B. Unipolar major depression
  - C. Bipolar disorder
  - D. Alcohol use disorders
  - E. **XX** All of the above
35. The 'Oedipal period' is an explanatory concept of sexual identity development in children. Which statement about the developing sexual identity of children between the ages of 3-6 is most accurate?
- A. **XX** The child develops a wish or fantasy to have an exclusive relationship with the parent of the opposite sex
  - B. The child develops a wish to have sexual intercourse with the parent of the opposite sex
  - C. The child develops a wish to murder the parent of the same sex
  - D. Girls develop anger at their mother because she didn't give them a penis
  - E. Boys become afraid that their father wants to cut their penis off
36. Declarative memory
- A. Involves memory for learned behaviors
  - B. **XX** Is mediated primarily by acetylcholine
  - C. Is mediated primarily by gamma-aminobutyric acid (GABA)
  - D. Involves a basal ganglia/frontal lobe circuit
  - E. Involves a lateral temporal lobe circuit

# !! ANSWER KEY !!

37. A 37 year old man with a history of felony assault tells a psychiatrist during a therapy session that he plans to go to an ex-girl friend's home to assault her and her new boyfriend. Which of the following best characterizes the psychiatrist's obligation?
- A. The patient's disclosure is confidential and cannot be reported to any third party.
  - B. The psychiatrist has a duty to warn the potential victims
  - C. **XX** The psychiatrist has a duty to protect the potential victims
  - D. The psychiatrist must make a citizen's arrest
  - E. All of the above
38. Serotonin influences which of the following physiologic functions
- A. Gastrointestinal functions
  - B. Reproductive functions
  - C. Anxiety
  - D. Pain
  - E. **XX** All of the above
39. Dr Gemelli recast the concept of 'castration anxiety' as 'body damage anxiety'. What is 'body damage anxiety'?
- A. A more modern term for fear of genital damage
  - B. Anxiety or fear aroused when boys and girls discover their genital differences
  - C. **XX** Anxiety or fear aroused when boys and girls discover that life can cause injury and pain
  - D. Anxiety or fear aroused when parents threaten to punish their children
  - E. All of the above
40. Flumazenil blocks the benzodiazepine receptor site and therefore works at which receptor complex
- A. 5-hydroxyindoleamine receptor
  - B. Tyrosine hydroxylase receptor
  - C. **XX** Gamma-aminobutyric acid (GABA) receptor
  - D. Glutamate receptor
  - E. None of the above

# **!! ANSWER KEY !!**

---

You have completed the exam.

Make sure your answer sheet contains one and only one response on all 40 of the exam questions.

Turn in your exam before you leave the room. Your exam will be returned to you via your student mailbox with an answer key once all the students have taken it.

---